



PRODUCED BY BOURNEWOOD HEALTH SYSTEMS, A LEADER IN PROVIDING COMPASSIONATE CARE ALONG THE ENTIRE CONTINUUM OF PSYCHIATRIC AND SUBSTANCE ABUSE SERVICES.

Bournewood takes a Leadership Role in Training The Next Generation of Medical Professionals

At Bournewood Hospital, education is a real priority. This is in large part because Chief Executive Officer Nasir A. Khan, MD, recognizes the importance of training the next generation of medical professionals, some of whom will work in the psychiatric and substance abuse field.



RAYMOND ROBINSON, MBA, AND NASIR A. KHAN, MD, MEET TO DISCUSS STUDENTS' PROGRESS.

“Dr. Khan has made a strong commitment to working with Boston area colleges and universities to provide on-the-job experience for students so they may see first-hand what it is like to work in a private psychiatric facility,” explains Raymond Robinson, MBA, the President of Bournewood Hospital. He says that the medical students and psychiatric residents who rotate through Bournewood all receive invaluable

experience that couldn't be replicated in a classroom or at a long-stay facility.

“The fact that Bournewood provides a comprehensive continuum of care in both inpatient and outpatient settings offers students an important look at the full treatment spectrum,” says Robinson.

While some students will go on to work either in a private psychiatric facility such as Bournewood or in the psychiatric unit of a general hospital, others will work in mental health centers or private practice, or will even pick a different area of medicine entirely. But all of them will have a better understanding of mental illness and addictions.

And while the students take away valuable experience from working at Bournewood, they also bring personalized attention and compassion to the patients while they are here. “There is something about the energy and the enthusiasm that the students bring to our campus that is really contagious,” Robinson says. That makes Bournewood's educational effort truly a win for everyone.

For more information about Bournewood's affiliations with local colleges and universities, visit our website at www.bournewood.com.

The four guiding principles that shape all of the facets of Bournewood Health Systems' services include:

- ACCESS TO CARE ● QUALITY OF CARE ● COST-EFFECTIVE CARE ● PATIENT SATISFACTION www.bournewood.com

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Bournewood's Educational Efforts Span Many Disciplines

Bournewood's educational efforts are as comprehensive as its continuum of care. On any given day, you may find medical students and psychiatric residents, psychology students, social work students, nursing students, expressive therapy students and students studying human services and liberal arts observing the many facets of patient care on the Brookline campus.



CHIEF PSYCHIATRIC RESIDENT AMANDA WILSON, MD

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Bournewood's Educational Efforts

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Regardless of their background, interests and experience, all of the students have a common goal: to experience what it is like to work at a psychiatric facility.

Here are some of the educational efforts that take place at Bournewood:

Medical Students Medical students come to Bournewood for a 6-week psychiatric rotation. They are generally placed on the intensive treatment units and work in conjunction with a designated attending physician and psychiatric residents, who also serve as their mentors. The students' time here provides important direct clinical training to supplement their classroom experience.



Residents Postgraduate psychiatric residents at Bournewood work on the units with the attending psychiatrist and the medical students. There is also a chief resident appointed to serve as the liaison overseeing the other residents and medical students.

In addition to their work on the units with patients, all residents and medical students are required to attend periodic seminars on psychiatric topics and issues.

Nursing Students Bournewood provides intensive internship opportunities for undergraduate nursing students. This allows the students an in-depth look at what it is like to care for psychiatric patients. The students also have a

"Bournewood is one of the few private psychiatric hospitals where pre- and postdoctoral psychology students can get their practical experience in an acute inpatient and partial hospitalization setting."

– MARK GEER, ED.D.,
CHIEF OF PSYCHOLOGY & DIRECTOR OF PSYCHOLOGY TRAINING

unique opportunity to learn from experienced nurses in their unit. In addition, master's level nursing students come to do a semester practicum in Bournewood's Adult Partial Program.

Social Work Students Graduate social work students come to Bournewood Hospital for a one-year placement. They work in conjunction with the social workers on staff and see patients on the units to which they are assigned. Bournewood's Social Work Supervisor oversees their progress throughout the time they are here.

Expressive Therapy Students Graduate students in expressive therapy come to Bournewood for the school year. They hold group sessions for the patients and also consult with patients on the units individually under the direction of the Supervisor of Rehabilitation Services.

Psychology Students Our Psychology Department has developed an innovative Practicum Training Program. University faculty members are at the hospital weekly throughout the academic year, guiding the students' progress. This practicum offers students an important look at dual-diagnosis patients. There is also a post-graduate doctoral student in neuropsychology who works at Bournewood and performs diagnostic testing on patients as needed.

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Bournewood's Educational Efforts

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Paramedic Students Bournewood hosts a group of students for paramedic and life support training who come for one week at a time on the intensive treatment units to observe and become more knowledgeable about the behaviors and needs of psychiatric patients, as they prepare for their Paramedic Technology Certificate.

Undergraduate Students Bournewood's undergraduate liberal arts/humanities internship program brings students studying different disciplines to Bournewood. Many of the students are seeking a human services degree in psychology or liberal arts. Some undergraduate students return after their internship ends to work as mental health counselors.

Elective Students Some schools have electives where students can choose to do their internship in the mental health field. Bournewood provides an opportunity for those students to come here to gain their experience.

In future issues of the Bournewood Review, we will provide a more in-depth look at some of the specific educational initiatives that take place at Bournewood.

"The students help keep our staff intellectually challenged and up on the latest developments in the field."

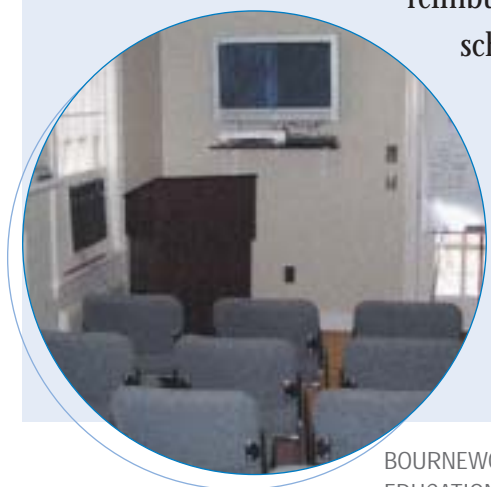
– TIM CAREY, LCSW,
UNDERGRADUATE STUDENT INTERNSHIP PROGRAM

"It's so nice by the end of the year to be able to see the growth and independence the students gain from their experience."

– JENNY RAFFA, LICSW,
DIRECTOR OF SOCIAL SERVICES

Bournewood Supports Continuing Education for Staff

Bournewood's focus on education doesn't stop with the students. The staff is also encouraged to participate in continuing education efforts. To this end, Bournewood provides tuition reimbursement programs for employees and also offers flexible schedules whenever possible. In addition, Bournewood has



a student loan repayment program for its nurses. Further, Bournewood Hospital is accredited by the Massachusetts Medical Society to provide Category I Continuing Medical Education Credits for physicians through its monthly Medical Staff Grand Rounds. These are just a few ways that Bournewood goes that extra step to provide the most knowledgeable staff to care for its patients.

BOURNEWOOD'S MEDICAL STAFF GRAND ROUNDS PROVIDE CONTINUING MEDICAL EDUCATION FOR PHYSICIANS.

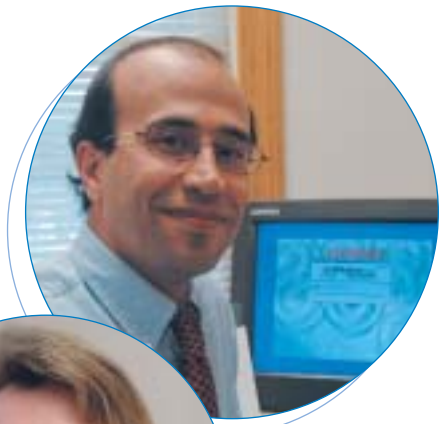


The Bournemouth Staff Serves as Mentors for Students

Students who study at Bournemouth are supervised by their own professors, yet their presence on campus still requires a commitment from Bournemouth’s staff. In fact, the staff members typically work closely with the students and often serve as their mentors, says Carmel Heinsohn, MD, the Medical Director of Bournemouth Hospital.

Heinsohn says that Bournemouth’s Chief Executive Officer Nasir A. Khan, MD, asks the staff to “think aloud” so that the students can learn from their decision-making process and actions. The investment in time is well worth the effort.

“We train students to meet our high standards, and our staff gets to know them so we can ask those who work best in this environment if they would like to stay on when they graduate,” Heinsohn points out. “This gives us a competitive edge in today’s tight marketplace.” She adds that those students who go on to work in other settings after graduation are familiar with Bournemouth’s exceptional level of care and are likely to refer patients here.



MASOUD KAMALI, MD



IRINA MEZHEBOVSKY, MD

Bournemouth’s Educational Partners

The students who rotate through Bournemouth’s campus come from a large number of nearby colleges and universities, including:

- Boston University School of Medicine/Boston Medical Center Department of Psychiatry
- Harvard Longwood Psychiatry Residency Training Program
- Tufts University School of Medicine, Department of Psychiatry
- University of Massachusetts Boston
- Massachusetts School of Professional Psychology
- Suffolk University Department of Psychology
- Boston University School of Social Work
- Boston College School of Social Work, School of Education and Department of Psychology
- Simmons College School of Social Work
- Bunker Hill Community College Nurse Education Department
- Endicott College Department of Nursing
- Northeastern University School of Nursing and Institute for Emergency Medical Services
- Lesley University various undergraduate programs and Graduate School of Art and Social Sciences, Expressive Therapies Program
- Lasell College undergraduate programs
- Framingham State College undergraduate programs
- Fitchburg State College undergraduate programs



Bournewood's Commitment to Excellence

Advanced Practice Nurses Provide a Valuable Resource for Bournewood's Staff and Patients

Bournewood's management team takes a creative approach to utilizing staff to their full potential in order to provide the highest quality care for patients. Take the three Clinical Nurse Specialists on staff.

Two of these nurses, Kathy Andolina, RN, MS, CS, and Christine Fitzpatrick, RN, MS, CS, practice with prescribing privileges under the direction of a physician. The third, Carolyn Straub, RN, MS, CS, makes a valuable commitment to Bournewood's educational efforts as the Director of Training.

All three of these specialists bring valuable expertise in assessment and treatment of difficult psychiatric cases.



CAROLYN STRAUB, KATHY ANDOLINA AND CHRISTINE FITZPATRICK

Clinical Nurse Specialist Andolina, who works in the adolescent partial hospitalization program, is a resource for the young patients, as well as for the rest of the staff. "I bring to the medical model the nursing perspective, which is holistic and humanistic, as well as educational," she explains. "I also do psychopharmacological evaluations and help with staff evaluations and program design, working with the child psychiatrist."

She says that in order to be an Advanced Practice Psychiatric Nurse – or Clinical Nurse Specialist – nurses must complete advanced education including a master's degree, pass a certifying exam and work with a physician supervisor. In addition, Andolina explains that as a Clinical Nurse Specialist, she is part of both the administration and the clinical staff and therefore gets a unique opportunity to be involved on both levels.

Like Andolina, Clinical Nurse Specialist Fitzpatrick puts her advanced nursing experience to work on two fronts, interacting on the administrative level and also being involved in direct patient care. She spends most of her time working with Bournewood's ambulatory programs.

In addition to the three Clinical Nurse Specialists at Bournewood, who focus on psychiatric care, there are also five Nurse Practitioners with advanced degrees who address the medical needs of patients.

Clinical Nurse Specialist Straub takes a different approach to putting her clinical specialist degree to use. She oversees Bournewood's extensive training efforts for all staff, including nursing students, in addition to providing staff guidance and support. "I use my graduate degree to formulate effective training programs for staff and also to provide training for students," she says.

"Advanced Practice Nurses provide patients with important access to expert medical and psychiatric treatment on a daily basis."

– MARY PURDY, RN, MSN,
DIRECTOR OF PATIENT CARE SERVICES



About Bournewood Health Systems

Bournewood Hospital is a leader in psychiatric and chemical dependency treatment within a nurturing and supportive environment. It has operated continuously on a 12-acre campus in South Brookline since 1895, and today, Bournewood Hospital serves patients of all ages, all ethnic and socio economic groups and all diagnostic categories within its unique comprehensive continuum of care.

Bournewood Health Systems' services include:

- **Psychiatric physicians on campus 24 hours a day, 7 days a week**
- **Triage, assessment and admissions 24 hours a day**
- **Five inpatient units, including a discrete child/adolescent unit**
- **Separate acute residential beds**
- **Separate adult, and child/adolescent partial hospitalization programs**
- **Outpatient services in Brookline, Woburn and Brighton, Massachusetts**
- **Adult partial hospital and ambulatory services available at the Bournewood Caulfield Center in Woburn, Massachusetts**
- **Outpatient practice affiliations throughout the state**

Bournewood Health Systems has contracts with most insurance and managed-care companies including Medicare, Medicaid, Blue Cross, Tufts, Harvard Pilgrim, Magellan, United Behavioral Health, PacifiCare, Cigna and most other major insurance providers.

For more information, visit www.Bournewood.com

Inpatient Location:

Bournewood Hospital
300 South St.
Brookline, MA 02467
(617) 469-0300

Outpatient Offices:

Bournewood Ambulatory Services
300 South St.
Brookline, MA 02467
(617) 469-0300

Bournewood Caulfield Center
23 Warren Ave.
Woburn, MA 01801
(781) 932-0649

Bournewood Clinical Associates
17 Henshaw St.
Brighton, MA 02135
(617) 783-0282

Affiliated Locations:

Colony Care Behavioral Health
11 River St.
Wellesley, MA 02481
(781) 431-1177

Family Associates of Merrimack Valley
201 Chelmsford St.
Chelmsford, MA 01824
(978) 256-1467

Collaborations in Clinical Care
275 Turnpike St., Suite 105
Canton, MA 02021
(781) 821-1760

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